

ABSTRACT

An exercising apparatus in the form of a swing which has a rigid support bar adapted to be suspended from an overhead anchor. Two flexible spaced apart main hangers are each connected by a first end to the support bar and by a second end to a back rest and a seat. Two flexible stirrup hangers each have a first end also attached to the support bar and the second end to a stirrup. The exercising apparatus is so formed that the back rest, the seat and the stirrups can be configured to enable a person to be suspended on the exercising apparatus in a variety of positions.